



Dream Networks

SOCIAL INEQUALITIES, HEALTHIER CITIES, AND GREENSPACES



WHAT ARE URBAN GREEN SPACES?

Over half of the global population lives in urban areas, and the WHO recommends that everyone should live within 300 meters of green spaces. Urban green areas, found in parks and along sidewalks cater to different age groups and activities, and promote well-being by offering spaces for diverse community needs, relaxation, and physical activity while helping to cool temperatures. However, access to quality green spaces varies by neighborhood, with lower socio-economic communities often having less access and lower-quality options.



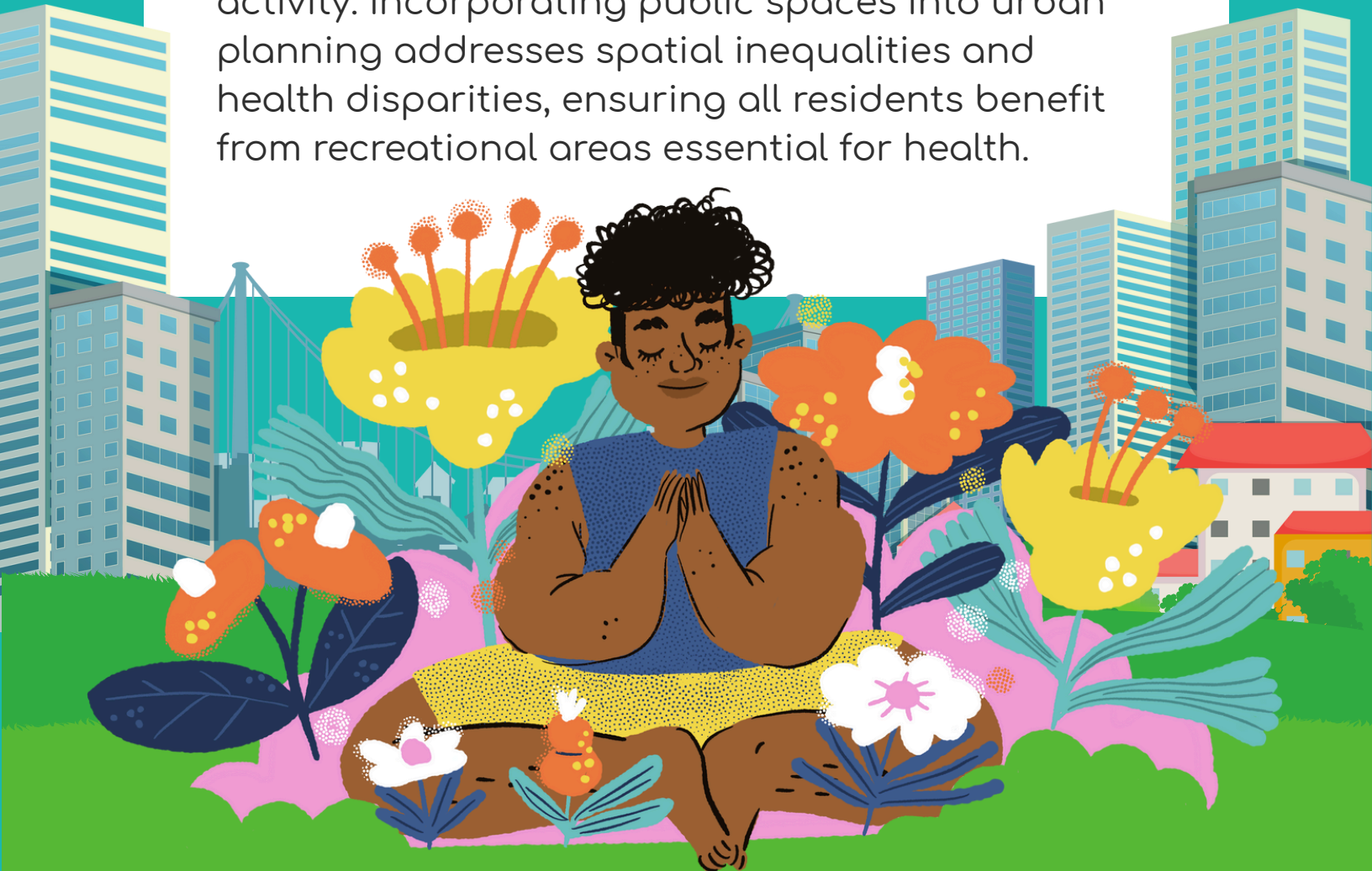
GREEN SPACES BENEFIT EVERYONE

Urban green spaces provide significant health benefits, particularly for children, enhancing their physical and mental development. The elderly also gain from these environments, experiencing improved physical health and social well-being.



WHY ARE GREEN SPACES SO IMPORTANT?

Green and open public spaces enhance physical activity, mental wellness, and social interactions while reducing air pollution and improving quality of life. They mitigate environmental harms, alleviate stress, and promote healthy behaviors. Studies show links between urban green space exposure and reduced mortality, heart rate, and violence, while positively influencing attention, mood, and physical activity. Incorporating public spaces into urban planning addresses spatial inequalities and health disparities, ensuring all residents benefit from recreational areas essential for health.



WHY ARE GREEN SPACES SO IMPORTANT?

Research shows health benefits are more evident in areas with a greater tree canopy rather than grassland. Key benefits include:

- Improved mental health
- Reduced cardiovascular issues and mortality
- Lower obesity and type 2 diabetes risk
- Better pregnancy outcomes

Significant associations were also found between green space playtime and childhood development, such as reduced cases of ADHD and peer relationship issues.

Therefore, it's crucial to incorporate health considerations into the planning of public spaces.



DESIGNING URBAN GREEN SPACES

Incorporating green spaces in urban planning addresses spatial and environmental inequalities, promoting health and social cohesion. Key points include:

- Ensures access to recreational and green areas for all residents
- Provides platforms for social interactions, cultural events, and community activities
- Integrating health considerations in design is crucial
- Elements like benches and street art enhance vibrancy and encourage socialization
- Maintenance and programming are essential for community enjoyment

Involving local communities fosters ownership and promotes usage of green spaces.





Resources:

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